

This is just one of hundreds of thank you and results notes contained in our three ring binders at the Wellness Education Center.

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Hi Jeanette,

The learning experience I had at the Wellness Education Center led me to a complete change in life style. I eat life-affirming foods, I exercise daily, and I know not everyone likes to talk about the spiritual side of things, but I have made daily prayer and meditation one of the cornerstones of my life.

The combination of these practices has brought me to a move active, fulfilling and rewarding life. I went from a guy who was sitting on the porch waiting to die to a person who has a purpose in life and the strength and will to carry on with it.

I am not kidding when I talk about Jeanette Cheney and refer to her as the woman who saved my life. Jeanette, what you are giving back to our community represents an act of great spirituality, and I am extremely grateful to you for your selfless contribution.

With love and great appreciation,

Paul R.